



## Tangy Pomegranate Martini

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



356 kcal

BEVERAGE

DRINK

### Ingredients

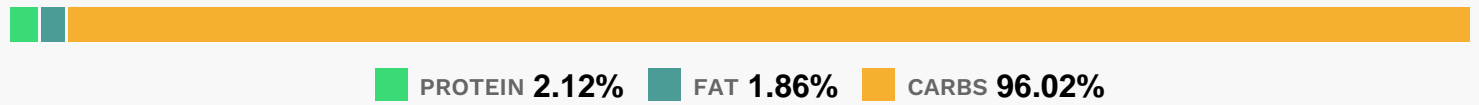
- 1 lemon twist
- 1 fluid ounce juice of lemon fresh
- 1 fluid ounce pomegranate juice
- 1.5 fluid ounces simple syrup glaze
- 2 fluid ounces citron vodka
- 1 tablespoon sugar white

### Equipment

# Directions

- Moisten the rim of a chilled martini glass with a twist of lemon.
- Pour the sugar onto a small plate, and dip the glasses into the sugar.
- Place the lemon twist in the rimmed glass, and set aside.
- Pour the vodka, lemon juice, pomegranate juice, and simple syrup into a cocktail shaker over ice. Cover, and shake until the outside of the shaker has frosted. Strain into the rimmed martini glass to serve.

# Nutrition Facts



# Properties

Glycemic Index:110.59, Glycemic Load:10.17, Inflammation Score:-6, Nutrition Score:7.3917391663012%

# Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Eriodictyol: 24.51mg, Eriodictyol: 24.51mg, Eriodictyol: 24.51mg, Eriodictyol: 24.51mg Hesperetin: 34.41mg, Hesperetin: 34.41mg, Hesperetin: 34.41mg, Hesperetin: 34.41mg Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg, Luteolin: 2.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

# Nutrients (% of daily need)

Calories: 355.92kcal (17.8%), Fat: 0.52g (0.8%), Saturated Fat: 0.08g (0.48%), Carbohydrates: 60.37g (20.12%), Net Carbohydrates: 57.23g (20.81%), Sugar: 51.61g (57.35%), Cholesterol: 0mg (0%), Sodium: 31.55mg (1.37%), Alcohol: 19.75g (100%), Alcohol %: 8.86% (100%), Protein: 1.34g (2.67%), Vitamin C: 68.71mg (83.29%), Iron: 2.31mg (12.83%), Fiber: 3.14g (12.57%), Potassium: 271.55mg (7.76%), Vitamin B1: 0.12mg (7.69%), Folate: 24.89µg (6.22%), Vitamin B6: 0.11mg (5.59%), Magnesium: 16.92mg (4.23%), Calcium: 38.99mg (3.9%), Vitamin B2: 0.06mg (3.74%), Copper: 0.07mg (3.33%), Vitamin B5: 0.33mg (3.28%), Manganese: 0.06mg (3.23%), Phosphorus: 29.4mg (2.94%), Vitamin K: 3.08µg (2.93%), Vitamin E: 0.32mg (2.12%), Selenium: 0.93µg (1.33%), Zinc: 0.19mg (1.28%), Vitamin B3: 0.25mg (1.24%)